

GILMORE GARDEN WEEKENDER HIGHLIGHTS



June 12, 2026

IN HOUSE NEWS

We have a special **Father's Day Featured Dinner** on Sunday, June 21st from 4:45PM - 6:00PM. The full menu is available at Reception to view. Please let Reception know if you have guests for dinner. Cost for guests is \$33.60 including GST and \$16.80 for children (ages 4-12) including GST.

Please note: Armchair Exercise Video on Thursday, June 18th at 11:00AM is cancelled to allow for a **Rogers Information Session** from 11:00AM-12:30PM in the Activity Room. All residents are encouraged to attend and ask questions they may have regarding the transition to new equipment!

Thank you so everyone that has already completed their **Resident Survey**. If you have not completed yours yet, we encourage everyone to please complete it and return it to Reception by June 22nd. If you need help in completing your survey, please let Reception know and we can arrange for a community volunteer to assist you!



We have had a few residents expressing interest in our **Ukulele Lessons**. Please add your name to the interest sheet in the Activity Room if you would like to start learning how to play the ukulele. Depending on the amount of people interested, we can explore a new "Beginner Ukulele" group!

Please note: **Food Committee Meeting** on Tuesday, June 16th is cancelled.

REMINDERS

Do you enjoy having your nails done? Check with Reception and book an appointment with our esthetician, **Nails with Angie** on Saturday, June 13th from 9:00AM in the Beauty Salon.

Come for an active game of **Roll A Trump** on Saturday, June 13th at 1:30PM in the Activity Room. It's always a barrel of laughs as you aim and miss and toss into something completely different. Everyone is welcome to join in on the fun!

Come try **Java Music Club** on Sunday, June 14th at 2:00PM in the Activity Room. Don't be confused by the title, this is not a music program! Rather, it is led by a Life Enrichment team member, who engages and encourages discussion to help build relationships and strengthen community. The program focuses on a combination of different themes, photography, some music and lots of sharing!

Grab your shopping bags ready for a **Bus Outing: Shopping Trip to Ironwood** on Monday, June 15th at 11:30AM. You can do your shopping at London Drugs, Save on Foods and the other stores plus there are several eateries where you can have lunch or coffee. Sign up in the Activity Room!

Join us for **Mini Golf Game with "Comfort Cocoons"** on Monday, June 15th at 2:30PM in the Activity Room. Comfort Cocoons Home Care is a licensed provider based in Steveston and dedicated to delivering personalized care. The mini golf session will be a fun and interactive experience designed to encourage light physical activity, laughter, social connection, and meaningful engagement among residents in a relaxed and enjoyable environment.

If you have feedback or suggestions for our programs and events, please join Suman at the **Recreation Committee Meeting** at 1:30PM in the Private Dining Room on Tuesday, June 16th.

Come for a challenging game of **Giant Crosswords** on Tuesday, June 16th at 2:45PM in the Club Lounge. See if you can guess the right word for your chosen clue!

We have our popular **Bus Outing: River Rock Casino** on Wednesday, June 17th at 11:45AM. Sign up early to guarantee a seat on the bus! You can eat in the Food Court first, then place your bets! Friendly reminder to residents on the lunch program, if you are going on the bus outing to kindly let reception know that you will not be here for lunch. Thank you for your cooperation!

Mark your calendar for our **Resident Forum** on Thursday, June 18th at 3:00PM in the Activity Room. This is when you can learn more about the happenings from the managers at Gilmore Gardens!

Put on something blue or even a blue accessory for **National "Wear Blue Day" in support of Men's Health** and enjoy our special **Father's Day Social & Entertainment with Mike Kinal** on Friday, June 19th at 2:00PM in the Fireside Lounge. We will be serving a tasty appetizer along with punch and you are welcome to purchase a glass of wine or beer as there will be no Happy Hour afterwards.

Weekly Calendar for June 13 – June 19, 2026

Saturday, June 13 th		Sunday, June 14 th		
9:00AM 10:00AM 11:00AM 1:30PM 6:00PM	Nails with Angie Armchair Exercise Video Tai Chi Roll A Trump Game Mah Jong	10:00AM 10:30AM 11:00AM 11:00AM 1:30PM 2:00PM 2:00PM 7:30PM	Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie Beginner Mah Jong with Kaela Tech Time with Erin Rummikub Java Music Club Sing Along with Roger	
Monday June 15 th	Tuesday June 16 th	Wednesday June 17 th	Thursday June 18 th	Friday June 19 th
10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Video Exercise 11:30AM Bus Outing: Shopping Trip to Ironwood 1:30PM Meet Me at the MoMA: Emily Carr 2:30PM Mini Golf Game with 'Comfort Cocoon' 6:45PM Music with Ron 7:30PM Bingo	10:00AM Armchair Video Exercise 11:30AM Meditation 1:30PM Recreation Committee Meeting 2:45PM Giant Crosswords 6:00PM Mah Jong 7:00PM Crib/Chess	10:00AM Chair Fitness 10:30AM Catholic Mass 11:00AM RMS Ukulele Lessons 11:45AM Bus Outing: River Rock Casino 1:30PM Billiards 1:30PM Chair Yoga with Lauren Video 3:00PM Happy Hour 6:45PM Music with Ron 7:00PM Rummikub	Hair with Marlene 10:00AM Chair Fitness: Strength & Balance 11:00AM Go4Life Walking Club 11:00AM-12:30PM Rogers Info Session 1:30PM Scrabble with Pat 3:00PM Resident Forum 6:45PM Music with Ron 7:00PM Game of Hearts	National "Wear Blue Day" in support of Men's Health! 10:00AM Osteofit with Robin Masters 11:00AM Advanced Armchair Video with Curtis 11:00AM Play Reading with Stephen 2:00PM Father's Day Social & Entertainment with Mike Kinal 3:30PM Table Tennis 6:00PM Mah Jong